

ENCHANTED THYMES

Weeds Can Be Good Medicine

Events Calendar:

- **DermaGRID Scans** can help you decide what supplements and foods may be most beneficial to you. For more details, visit my website or call and schedule your in-office or distance appointment today! Schedule your scan today!
- **Tired of Feeling Tired?** Re-energize your body with an Detox/Energy Foot Spa session. Appointments are available Monday thru Saturday at Enchanted Herb Pantry, Loving, NM.
- **Your referrals are appreciated!** Refer a friend and receive 10% of any product or \$5 off any service! *Savings on regular prices.
- Contact me to **Create your own Healthy Habits Class!**

The famous American philosopher Ralph Waldo Emerson wrote, “What is a week? A plant whose virtues have not yet been discovered.” We might also define a week as a plant growing where we don’t want it to grow. Whatever your definition, many common garden weeds are valuable medicinal plants, if not highly nutritious wild foods.

Take, for example, the common dandelion. Like many weeds, this plant was not indigenous to North America, but was brought here by the European settlers. It rapidly spread and now grows in most parts of the country. People spend a lot of money and time trying to poison and dig out dandelions, never considering they can be used for both food and medicine.

This month we will look at the virtues of many plants we call weeds. We will talk about the uses for 15 common weeds, including: alfalfa, burdock, chickweed, chicory, dandelion, purslane, red clover, wild lettuce, yarrow and yellow dock. We will also take a look at some common garden herbs and their medicinal properties, including: capsicum, catnip, chamomile, garlic, oregano, parsley, rose, rosemary, sage and thyme.

This makes a total of 25 plants that can be used for food, medicine and more. This is great information to have for emergencies or just to give you a greater appreciation for the value of nature’s natural pharmacy.

Healthy Habits Class

What to know more about this topic? Schedule a Healthy Habits Class.

To create your own class: choose your class topic. Each class includes: 1½ hour class and handouts. \$50/class* (includes up to 5 people) - \$10/person thereafter. Simply call or email to schedule a Healthy Habits Class. *Travel fees may apply.

EHP Monthly Specials

Buy 1, Get 1
DermaGRID
Scan 50% off!

*Mention this ad to receive discount. Sale prices valid for in-stock items only during advertised month. Sale prices/free product not valid on services or website orders unless otherwise stated.

All prices subject to change without notice. Shipping charges may apply.*

Product Tips

Dandelion

The dandelion plant has been used in Chinese and European cultures for centuries for combating liver disease. Today, scientific studies have confirmed this common garden weed contains vitamins, minerals, protein, pectin and other catalytic substances which stimulate the kidneys to eliminate toxins through the urine. Furthermore, dandelion contains enzyme-like compounds which assist cell metabolism and increase bile secretion in the liver. As a result, dandelion inhibits bile duct inflammation, cirrhosis, dyspepsia with constipation, gallstones, hepatitis and jaundice. Other research shows dandelion exhibits anti-inflammatory properties and restricts the development of an enlarged or swollen liver. In essence, all glands associated with digestive function respond quickly and effectively to dandelion.

*Products available at Enchanted Herb Pantry, LLC

Natural and Organic Foods

Enchanted Herb Pantry offers Healthy and Organic foods and personal care items at affordable prices. (We still need to get our order volume up before we can order/receive frozen/refrigerated items). Pricing is only 25% above actual cost. Visit our group page at www.EHP_GoodFoodGroup@yahoo.com to share cases or share with family and friends. For more information, please contact me or visit www.enchantedherbpantry.com to view regular and sale catalogs.

Farm-Fresh Eggs - \$4/dozen

Coming Next Month

Balance Your Brain – Our next Healthy Habits will discuss how to enhance your brain power and mood. Call to schedule your group class or personal consultation.



Enchanted Herb Pantry, LLC

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Important Notice:

This information is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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Enchanted Thymes is an independent educational publication and receives no financial support from any herb or health product manufacturer. Your comments, questions and personal experiences are welcome. Send them to Enchanted Herb Pantry, LLC, 97 W Ogden Road, Loving, NM 88256 or Jackie@EnchantedHerbPantry.com. If you wish to be removed from this email list just send a blank email with "unsubscribe me" in the subject box.